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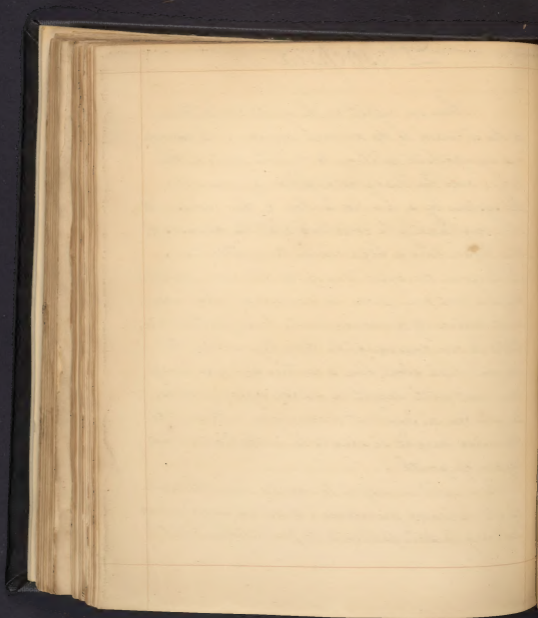
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March 13, 1881

Dyspepsia

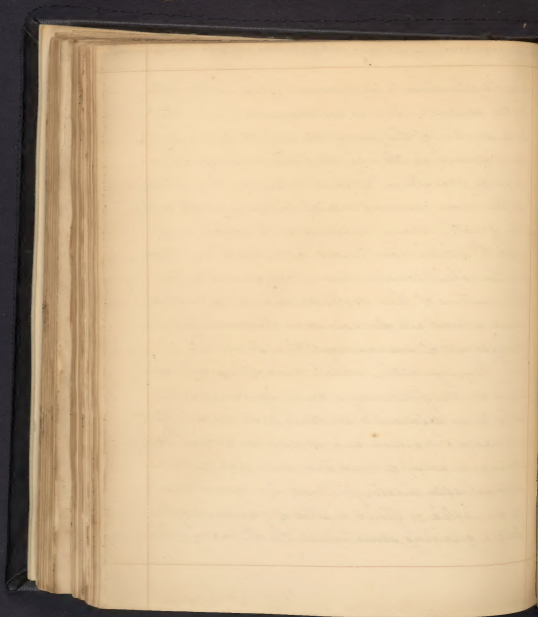
When we reflect on the great importance of the Stomach to the animal economy; its numerous sympathetic relations to various parts of the body; and the many derangements produced in the system by a morbid action of this viscus; it will very readily be conceived that the diseases of this organ have a high claim to our attention. But of all the affections of the stomach, perhaps there is not one, from its increasing prevalence and difficulty of management, more justly entitled to our consideration than Dyspepsia. This disease, which about half a century ago was rarely to be met with, except in middle-aged persons, is now one of frequent occurrence in those, who otherwise might be said to be in the bloom and vigour of youth.

It might be useful to enquire into the cause of its increasing prevalence. Such an enquiry would not only be satisfactory to the practitioner, but



would also lead to improvement in the treatment of the disease. But we are compelled to leave the consideration of this part of the subject, and will only remark by the way, that one cause of its greater prevalence (at least in the southern states) is the more common use of Tobacco, and another, the greater luxury in living and indolence of habit, which have tended to obliterate all traces of the robust constitutions of our ancestors in the systems of their descendants, and have rendered almost all diseases more frequent, complex, & difficult of management than formerly.

The symptoms which characterize this disease are the following: an irregular appetite, sometimes deficient & at others preternaturally increased; nausea and sometimes actual vomiting, a sense of load and distention of the Stomach after meals, followed by eructations of air, solid or fluid matter of various qualities; a gnawing sensation in the Stomach when



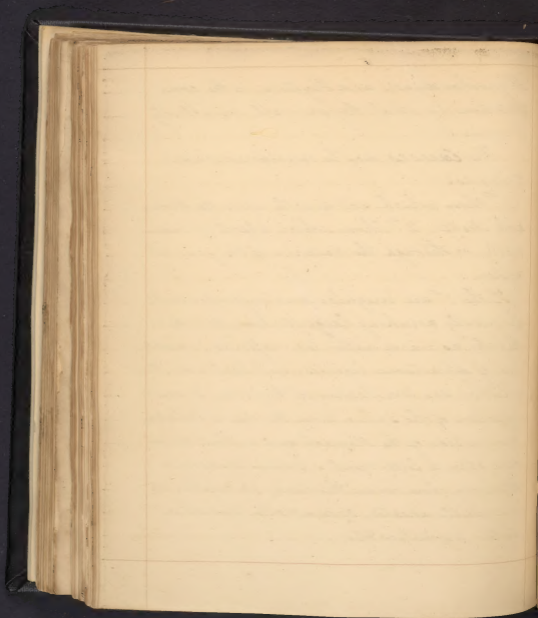
empty, heartburn, fatigued breath, habitual chilliness, coldness of the extremities, generally great costiveness, though sometimes laxity of the bowels, or each of these states alternately; a sense of uneasiness and constriction about the throat; the mouth and throat are generally dry, especially in the morning, with a disagreeable taste in the mouth, tongue furred and of a white or yellow colour; disordered vision, vertigo, palpitation of the heart &c. These symptoms vary in different individuals: In some cases some of them are wanting; in others additional ones added; as acute pain the head, pain in the sternum or side, acute pain in the optic nerve. So there may be added languor, listlessness, want of resolution, a state of indifference to all events, total restlessness, or unrefreshing sleep, temporary absence of mind, impaired memory, unusual timidity and despondency - in short all the train of symptoms which belong to

Hypochondriasis and Hysteria, is the constitution in which they are liable respectively to occur.

The Causes may be considered under 2 heads.

1.st Those which act directly upon the Stomach itself; 2.nd Those which affect it indirectly, or through the medium of the general system.

Of the 1st are irregular and improper diet, frequently drinking large portions of warm drinks, as warm water, tea, coffee &c, excessive use of spirituous liquors, habitual vomiting, want of due mastication of the food, frequent rejection of the saliva from the use of Tobacco, compression of the Stomach and violent exercise after a full meal. Certain medicines also may come under this head, as emetics too frequently repeated, Opium & other narcotics, bitter aromatics &c.



2. Those countries which admit the slave, through the medium of the general sense and the inactive, inactive and sedentary life, in-
crease and continue slavery, not, however, inter-
rupted with cheerful conversation, or a full
voice, grief, anxiety, vexation of mind
and dissolving passions of any kind, nor
excursions, immoderate merriness, or
any one small air without exercise.

Those that have been enumerated are the principal causes of idiopathic Dyspepsia; but it is often symptomatic of other diseases, and may arise from obstructions of the Liver, Spleen, Pancreas, Gallbladder &c.

Treatment. Few diseases will be more
more difficult of management and successful
treatment than this. - I am in a long and
arduous warfare in a regular administration of
agents that we can hope for success and so
succeed in the following is a list of contraindications.



and from so many different causes are the
 evidence, that to succeed with less cases
 with the same plan, treatment is found ab-
 solutely. Another great cause of uncer-
 tainty in the management of the disease is
 the want of firmness and resolution in our
 patients to adhere strictly to a regimen
 which is the often a husband's prescription. The
 temptations to break through are often so
 great, and so little danger apprehended
 from a small indulgence in those habits
 which they have often practiced with de-
 manded impunity, that the physician is fre-
 quently mortified and chagrined to find
 his patient after having been a consider-
 able time under his care, returned into the
 state in which he found him and recom-
 mence treatment as ever.

In discussing the case I indicated, was pre-
 sented.



1. To advise the primary exciting causes of the disease.

2. To indicate such symptomatic affections as tend to aggravate and continue it.

3. To restore the tone & vigour of the stomach, and of the whole system.

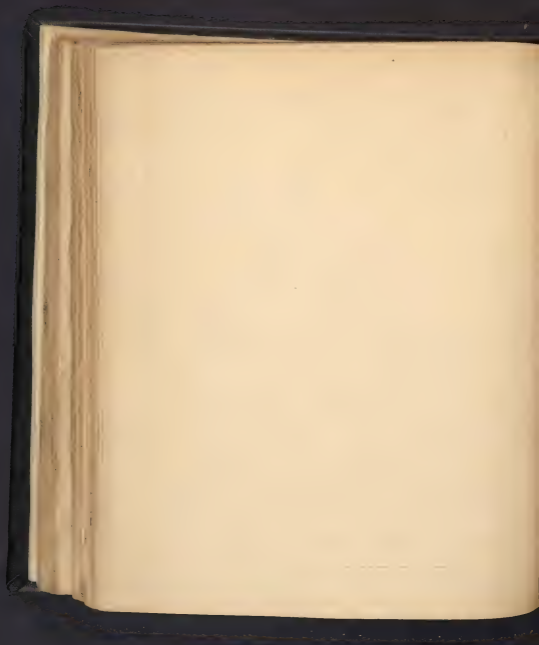
To meet the 1st indication it is important to investigate the origin of the disease: to ascertain whether it be idiopathic or symptomatic; whether it arise from some organic derangement of the stomach or from an over diet or other chronic agent; and while we ascertain to have been the probable cause, this is to be carefully guarded against, and a strict injunction imposed on the patient to renounce altogether those habits or pursuits which would again excite it.

Without these previous steps on his part, all our remedies will be administered in vain. If he has led a life of intemperance, he is





[illegible]



power over all the functions of the body.

Next the bowels are to be opened by some mild purgative. Scirrhous and diastolic carcinomata are always incurable and must be avoided. After the bowels are once brought by cleanse, attention must be paid to keep them regularly open, so that at least one evacuation be made daily. There is so great a sympathy between the several parts of the alimentary canal, that a quicker or slower action of the peristaltic motion in one part is at length communicated to the other; so that, as the quicker action of the stomach necessarily accelerates the peristaltic motion of the intestines: so a retarded ^{action} in the latter extends its influence to the former: it is therefore important to the proper action of the stomach, that the peristaltic motion of the intestines be regularly continued downwards. To direct this purpose Rumbach is very good.



The patient should carry a piece in his
 pocket, and when it becomes necessary to use
 it, throw a few grains of magnesia on the side of
 the tongue, or it may also be used; or what I have
 found more effectual, equal parts of Elix & Tincture
 of Magnesia made into pills of ordinary size, of
 which 1, 2 or 3 may be taken many times a day
 and in the morning. This is most common
 in this disease an evident want of tone
 and irritability in the bowels, is consequence
 of which the peristaltic motion is in a great
 measure suspended, and this vice is more cor-
 rected is excite them to action. But if the
 patient is of an hemorrhoidal disposi-
 tion this pill will be improper, as from
 its tendency to act on the rectum it will in-
 crease that disposition; in this case some
 of the other remedies mentioned may be used.
 As a means of aiding the effect of our
 medicines in obviating constipation, the patient



should institute a regular habit of soliciting nature at a particular hour every day. I have known this plan itself, without any medicines succeed in many cases in removing the habit of constipation. It can be done in the morning, or perhaps after breakfast, is the best time to make the attack, and the effort should be continued 15 or 20 minutes & repeated.

Acidity in the stomach is frequently attended with indigestion, a troublesome & intractable affection which requires palliation. Opium is sometimes given to relieve it; but it will not ^{always} do to give an opiate and indeed it is very much necessary, even if it could be done with impunity, as it can in most cases be easily cured by more agreeable means. Liniments and new milk are very excellent to relieve this affection; a tablespoonful of each taken as often as necessary. Liniments or washings have similar action in the same way, Magnesia Lick &c. &c. &c.



but in ascending acids, that may be made
of the Mineral acids. The presence of some ac-
ids & these acids are in various quantities and
degrees, when the usual remediations fail.

When there is a painful, spasmodic affection of
the stomach accompanying the acidity, the following
preparation proposed by Dr. Wierowit is used with suc-
cess. Take of clean rickon, series a quart; of
soft & saccharful; of Spring water a gallon. Let
them ingredients digest 3 or 4 days, repeatedly stir-
ring them during the time and carefully removing
the scum as it rises: Then strain the liquor and
allow it to settle. Of this the dose is a wineglass
several times a day.

Asthenodynia is another description which
is essentially a cause of much suffering to the
patient. The remedies for this are Opium, Musk
Rhe & Spt Turpentine. Of them Opium or Lau-
dum is the best, or Rhus and Laudum in com-
bination. Distending the stomach with warm water



will relieve it. Vol. The train is, Dear Sir,
Malina's cordial and oil, in the morning was ut-
terly taken in the inflammation. Vol.
The morning of the morning, I have seen a
the morning of 3 months and more, and
the morning is, I have seen, then, and rarely
the morning of the morning. It is some
the morning of the morning, with about a
the morning of the morning, 3 or 4 times a day. These
the morning of the morning should be applied on the
the morning of the morning, as long as the
the morning of the morning.

Relief of the heart may be relieved by
ether, oil of turpentine, cast. oil, turpentine, Mustard
& Liniment which last is generally most effectual.

The *Fl. Indica* (1830) is more than 100
 years old, and is a good general source, both
 as to the names of species. Of these
 there is a great variety of vegetable fibres,
Mimosa and *Chelydactylus*, as *Columba*,



"Purpurea Bark, 3ss. Gum, 3ss. Gum Lic. 3i. Sassa-
 para 3ss. acid. Sulph. 3ss. Mucilage. Symp. of
 Gum and other, from which the physicians prescribe
 to be can make a Symp. according to the particu-
 lars of the case and the own constitution.
 The Gum is particularly well adapted to the
 case brought on me in the late case of prostatic
 inflammation. But the Mineral preparations
 with the lowest heat suited to the greater num-
 ber of cases; and particularly the preparations
 of Iron, as Deco of Iron and the Mineral
 Tincture of Iron. This last is more active
 than any of its kindred preparations and when
 there is much irritability of the Lungs will be
 found to be serviceable. Neither can it be used
 when there is any affection of the Head as soon as
 a cold nature is met. increase that affection. It
 does a from 20 to 30 or 30 drops. I have seen the
 most singular cases cured with it. I have seen it
 used in Iron and Iodine is the best for the



I give the patient 2 or 3 of the latter, taken
once or twice a day.

In addition to the same action in strengthening
the stomach and system generally, the cold bath
may be used, when it is succeeded by a glow on
the surface; i.e. if this effect does not follow,
it is acrimonial & should be discontinued. When
this is the case the tepid bath is taken with
benefit. Friction on the surface with fine
talcum-powder once or twice a day is of service.

Gentle exercise on horseback is also exceedingly
beneficial & should be used every day. This mode
of exercise is preferable to any other. It strengthens
the stomach and promotes digestion better than exer-
cise on foot or any other way; and is such that
the mind might at the same time be agreeably
engaged, for he is a long journey would be a
preferable mode of using it.

A proper regulation of diet is of so much im-
portance in the management of the disease to be

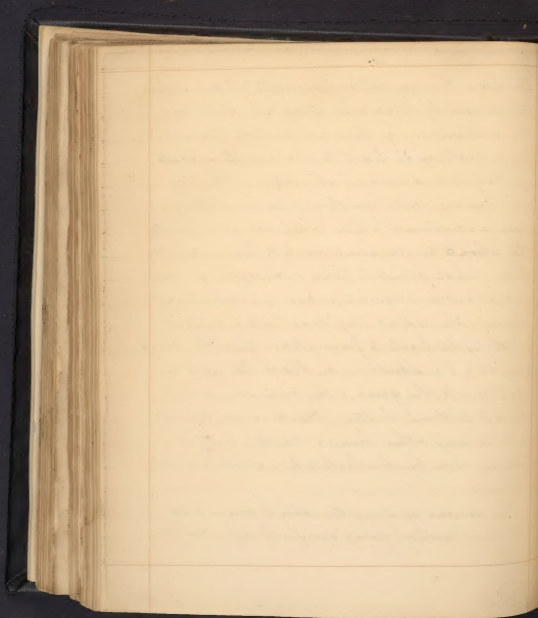


overlooked, it will therefore be attempted to point
 out such articles of diet as are generally found
 to be best suited to Diseases. In most cases
 milk or a constant diet is best. It has been
 said that by continuing the patient exclusively
 to milk recently taken from the cow the dis-
 ease has been removed without the use of any
 medicine. There can be no doubt that Milk
 when it can be used is the best diet, and should
 always be recommended. It sometimes disagrees
 at first, but by continuing in the use of it, it gen-
 erally becomes quite agreeable, so that the patient
 prefers it to any other drink. If milk can-
 not be conveniently procured, Chocolate is the
 best substitute for it. Let it be boiled & cooled
 and the cream taken off, then re-boiled for use.
 It being of an unctuous nature, but little
 can be made to be used with it, as the matter
 almost invariably disagrees. It is a universal
 and improper article of diet and should be entirely



avoided. They are not infrequently the cause of the disease by being used strong & to excess; and the continued use of them undoubtedly tends to aggravate, or at least to prolong it. But if they are employed at all (and it will be very difficult for those who have long been accustomed to them to refrain from them) they should be prepared weak & used cool. A little sugar should be taken with coffee, as much of that article is found to produce a increase in cardialgia. The refined loaf sugar is to be preferred as it is less liable to fermentation than the brown sugar. The Souchong or black tea is to be preferred to the green. The bread should be cold & without butter. Crackers are preferable to any other bread. Neither butters, toasts, nor buckwheat cakes should be allowed.

The dinner of dyspeptics should consist for the most part of young and fresh beef, mutton,



turkeys, birds generally, oysters or bacon. soups, green and ducks should be avoided. Cold lean ham, well done has proved in many instances to be the best diet for dinner. I am acquainted with several Dyspeptics who confine themselves exclusively to it; having found it, after experimenting with many ~~other~~ articles, to agree better with them than any other. I have no doubt that when it is old, sound and well cooked it will be well suited to the greatest number of cases in the southern states.

As to vegetables, but few of them are admissible. Well cooked irish potatoes & rice may be used with impunity and onions plentifully. No puddings, tarts, custards or pies should be allowed. Fruit and nuts are also generally injurious; though very ripe peaches with milk and also strawberries and milk may not be prohibited.

The patient should be directed to eat little

